

## 1. INVISIBLE ENVIRONMENTAL POLLUTION ON A MASSIVE SCALE!

The accumulated radiation from wireless devices has been growing since the 1980's when microwave ovens and mobile phones came into use. Now the level of this microwave radiation in locations frequented by most of us is **more than a million, million times above natural levels** and increasing month by month. This is environmental pollution on a massive scale! **5G** and the **Internet of Things (IOT)** where every device transmits microwaves is purportedly next with antennas everywhere!!

Natural radiation is generally random but this man-made radiation is much stronger and is **pulsed** and **polarised** (i.e. not random). Every living cell in our body is exposed to this radiation as the skin provides no protection and we do not live inside metal boxes. Significantly, according to the work of many scientists, this radiation produces '**biological effects**'.

### OFFICIAL (ICNIRP) RADIATION LIMITS DO NOT PROTECT US FROM THESE BIOLOGICAL EFFECTS!

Living material fundamentally relies on chemistry which itself utilises minute electrical forces between molecules much smaller than those used in electronics. This chemistry can therefore be easily interfered with to cause biological effects. The microwave pulses, depending on frequency, may affect different aspects of the body's operation. Furthermore, according to an ex-government scientist Barrie Trower, such signals have also been used in microwave warfare (also at the so called 'low levels').

Many people are in this persistent radiation environment around the clock through exposure at home, work or in public spaces and are therefore chronically exposed 24/7/365. But you have not been consulted on this and this chronic exposure may eventually overwhelm your cell's inherent stress protection mechanisms.

## 2. RESEARCH

This is one of the most heavily researched areas in science and the effects have been known for 120+ years. The Russians have a wealth of information but this has not been used by western governments to guide limits. Our own government was warned on the effects in the 70's by the World Health Organisation but opted to put health below other considerations.

Such radiation has been linked by scientists the world over with many modern illnesses including Cancer, Alzheimer's, Crohn's Disease, MS, ME to name a few. Studies indicate the endocrine system is affected, therefore our hormones may be affected and this may therefore be contributing to the obesity epidemic as well as other effects. Effects on brainwaves measured via Electroencephalogram (EEG) have also been recognised by Public Health England. Therefore thinking, behaviour and mood are probably also affected!

Consider why there might have been such a large rise in ill-health over the last thirty years or so and why the NHS might be struggling?

Only a single well-designed scientific experiment showing biological effects of low-level radiation should be sufficient to raise concerns but there are thousands of such reports! See also the work of UK Dr. Erica Mallory-Blythe.

### 3. ORGANISATIONS ADVISING ON RISKS

**2011:- WHO IARC** classified this radiation as a **Class 2B Carcinogen** as supported by **Monograph 102** plus **Council of Europe Resolution 1815** recognised many people are affected and recommended schools and workplaces use wired connections and provide radiation free places.

**2012:- Public Health England** (as HPA) stated:- 'Excessive use of mobile phones by children should be discouraged, while adults should make their own choices ...' AGNIR 2012 report also noted the urgent **need for research into long term exposure effects in children**.

**2014:-** The **IET Biological Effects Policy Advisory Group on low-level EMFs** reported that three out of every four studies indicated biological effects. There were hundreds of such studies reviewed - it is very unlikely they can ALL be wrong!

**2015:-** Over two hundred scientists from around the world communicated their concerns to the **United Nations** and the **World Health Organisation (www.EMFScientist.org)**.

**2016:-** Public Health England's justification document (AGNIR 2012) for the safety of this radiation has also been shown to be inaccurate and misleading.

**2017:- US Maryland State Children's Environmental Health and Protection Advisory Council (CEHPAC)** recommended using wired internet connections. **Madrid International Scientific Declaration**. Need for IMMEDIATE action based on current scientific consensus.

**2018:- US NTP Mobile Study on rodents** Numerous biological effects and increase in cancer rates in exposed rats. Ramazzini Institute Study results.

**2019:- Oregon State** Legislates on Wi-Fi in schools (Senate Bill 283). Numerous campaigns against 5G.

### 4. WHAT ARE OTHER COUNTRIES DOING?

Many countries around the world are waking up to the issues – Poland, France, Argentina, Israel, Switzerland, Russia, Japan to name a few. Many countries have much lower limits – but we follow US levels. In 2015 France banned Wi-Fi from nurseries.

### 5. WHAT CAN YOU DO?

a) TURN OFF ALL WIRELESS DEVICES (Wi-Fi, DECT AND MOBILE PHONES) AT NIGHT.

b) Assess your devices and environment. Reduce exposure where possible especially for children.

c) Experiment with all 'devices off for a month'.

d) Use wired land-line phones instead of the constantly radiating cordless (DECT) home phones.

e) Request employers and school governing bodies turn off persistent Wi-Fi in offices and schools

(especially when little used or not needed) and provide WIRED internet access and/or locations without signals. (home internet boxes can usually be used with ETHERNET WIRES and the wireless 'WLAN' signal turned off using the device's web page.

f) Use Aeroplane Mode on devices and never leave Smart phones on 'Data Mode' all the time as this is an on-all-the-time communication channel.

g) Turn-off Bluetooth and Wi-Fi from Car Menus – most people don't use or need this. Connect TV using Ethernet.

h) Keep well away from Microwave Ovens when on.

i) Refuse installation of SMART Meters (as is your right).

j) For unavoidable scenarios, use EMF protection clothing.

k) If you feel ill, tell your doctor about this possibility and complain to Public Health England and your MP.

l) Object to BT/EE's rollout of mini-antennas / monopoles.

m) Check all your insurances as you may not be covered for effects of radiation.

**>> TELL OTHERS AND PASS THIS LEAFLET TO SOMEONE ELSE! <<**

The Government has made 'giving us more control over our lives' a priority. This is one area where we need to take action. It will be difficult to 'clean-up' the situation overnight but the trend should be precaution, protection and use of alternative solutions rather than an uncontrolled expansion of this toxin.

**6. CAN YOU LIVE WITHOUT WIRELESS DEVICES AND WHAT ARE THE ALTERNATIVES?**

These devices may appear useful but if you knew the health risks – would you use them as much? Did we manage to live very happily and effectively without them for the millions of years before invented? – Yes. For every argument for their benefit, there is a very good argument against them.

Are there alternatives? YES - In many cases BUT none will be developed unless people are

more aware, the current situation is recognised and taken seriously.

In the meantime, reducing exposure and taking a precautionary approach would therefore seem a very sensible thing to do!

**7. FURTHER INFORMATION**

See the Websites below for more information and links to research:-

[www.emfscientist.org](http://www.emfscientist.org)

(Appeal to UN and WHO)

[www.stopsmartmeters.org.uk](http://www.stopsmartmeters.org.uk)

(All you need to know about SMART Meters)

[www.es-uk.info](http://www.es-uk.info)

(Charity dedicated to helping those with Electro-Sensitivity and educating others)

[www.ssita.org.uk](http://www.ssita.org.uk)

(Safe Schools Information Technology Alliance)

[www.wifiinschools.org.uk](http://www.wifiinschools.org.uk)

[www.Mast-Victims.org](http://www.Mast-Victims.org)

(Effects of mobile Masts and other info)

[www.powerwatch.org.uk](http://www.powerwatch.org.uk)

(The last site has information on other invisible health impactors including from powerlines)

[www.5Gexposed.com](http://www.5Gexposed.com)

Loads more information on the hidden dangers of 5G and SMART Meters

[www.microwavenews.com](http://www.microwavenews.com)

(Established news site covering all aspects and up to date research news)

<https://www.degruyter.com/view/j/reveh.2016.31.issue-4/reveh-2016-0060/reveh-2016-0060.xml?format=INT>

(Reviews on Environmental Health. Volume 31, Issue 4 (Dec 2016) - Inaccurate official assessment of radiofrequency safety)

So - use less  for a healthier life!!

Think twice about buying more wireless devices and ask suppliers to justify the devices long term healthiness.

**It's time to wake up:- SMART is NOT SO SMART!**

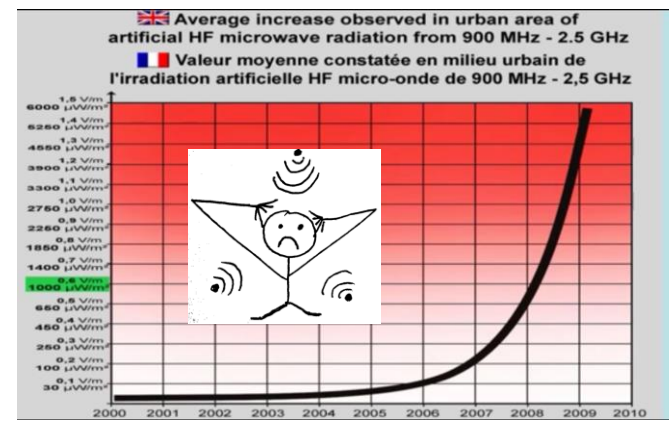
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**MICROWAVE RADIATION**

**Serious Environmental Pollution**

**-all around us and Growing!**

Is this wise? Wake-up and Quickly!



Microwave Radiation is given out by:-

- Mobile / SMART Phones and Masts**
- Wi-Fi and Bluetooth**
- SMART TVs**
- Cordless (DECT) Phones**
- Microwave Ovens**
- SMART METERS**
- Echo/Alexa Devices**
- 5G & Internet of Things (IOT)**

Do you often suffer headaches, sleeplessness, inability to concentrate (brain fog), severe fatigue, undue stiffness / joint pain, balance problems, forgetfulness, sweatiness, tinnitus, other unexplained negative health effects, a lack enthusiasm or are just not feeling at all great??

If so you may be one of the many millions regularly suffering from **microwave radiation sickness** from over-exposure to microwave radiation emitted by wireless devices!

Read on to find out more about the effects, the research, who's advising on the risks, what other countries are doing, what you can do to reduce exposure and further information sources! →